



Maine Center for Disease  
Control and Prevention

An Office of the  
Department of Health and Human Services

John E. Baldacci, Governor

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Dear Parent:

As you have probably seen in the news, H1N1 influenza ("swine flu") is here in Maine. This particular flu is affecting children much more severely than the regular seasonal flu – nationally, more children have died from H1N1 flu in the last several weeks than during the usual course of an entire flu season. **The single best way to protect your child against the flu is to get your child vaccinated.**

The H1N1 vaccine was developed using the exact same process as the regular seasonal flu vaccine, which has a proven history of safety. The H1N1 vaccine is also fully licensed by the U.S. FDA (Food and Drug Administration) using the same license standards and process as seasonal flu vaccine. It has been very well tolerated, as is seasonal flu vaccine.

There are two types of H1N1 vaccine – a shot and a nasal spray. Enclosed are Vaccine Information Statements about both forms of vaccine, which describe the risks and benefits. I encourage you to read both documents carefully, and if you have questions about them, please contact Maine CDC:

- visit our website: [www.maine flu.gov](http://www.maine flu.gov)
- call us from 9 a.m. to 5 p.m. Monday through Friday at 1-888-257-0990  
(for deaf/hard of hearing: 629-5751)
- or e-mail us at [flu.questions@maine.gov](mailto:flu.questions@maine.gov)

I hope you have a safe and healthy fall and winter.

Sincerely,

Dora Anne Mills, MD, MPH  
Director, Maine CDC/DHHS  
State Health Officer